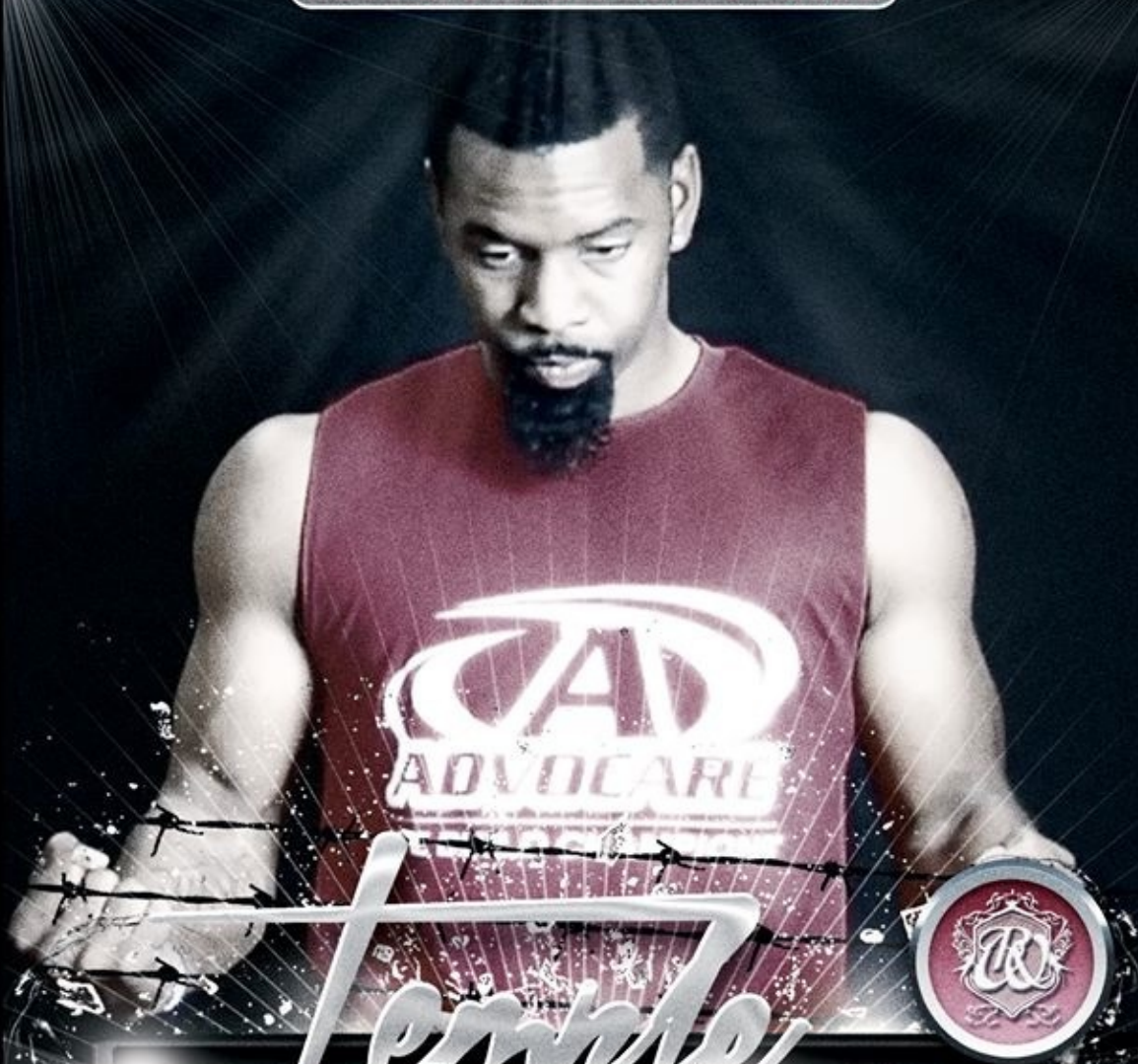


SE7EN'S FITNESS SERIES



Temple
TRANSFORMATION

GLORIFY GOD WITH YOUR FITNESS

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BOOTCAMPS | PERSONAL TRAINING | GROUP TRAINING

ABCs Of Personal Trainers

Accuracy

Having a personal trainer helps you revise your current workout programs that you can maximize your effectiveness and keep your workout exciting and efficient.

Beginner to Advance

Having a personal trainer helps all levels of fitness.

Coaching

The greatest athletes in the world have coaches because coaches are objective and able to make sure you use proper form and technique during all aspects of training.

Dedication

When you have a dedicated trainer to his own goals you are more likely to take seriously this partnership for your goals.

Efficiency

Your personal trainer can help you save time and money by having a thorough workout, pre-planned for you to do based on your overall fitness goals.

Fervor

Personal trainers helps you get a jump start on your overall fitness goals, so that the fire is lit in you and your take it to the next level.

Grasp

I am a certified professionals that stay constantly in touch with the newest information and techniques. Therefore, I will aid in your gaining a better grasp of proper form, techniques, nutrition, etc therefore reducing the risk of injury and failure.

**Robert L. Wagner, Certified Personal Trainer
Business Advisor, AdvoCare International**

